

THINK ABOUT
YOUR HEART
AND HEAD

HEART DISEASE is the #1 cause of death in the United States. **STROKE** is not far behind at #3 and it is also a leading cause of serious disability. You can reduce your risk of heart disease and stroke by keeping your blood pressure and cholesterol within healthy limits.

If you have a heart attack or stroke, recognizing the signs and symptoms and acting quickly can save your life.

Every minute counts!

FOR ADDITIONAL
INFORMATION ON
HEART DISEASE AND
STROKE, VISIT...

www.americanheart.org
www.cdc.gov
www.idahoheartandstroke.org

Know the signs and symptoms and call 9-1-1 immediately. Every minute counts!

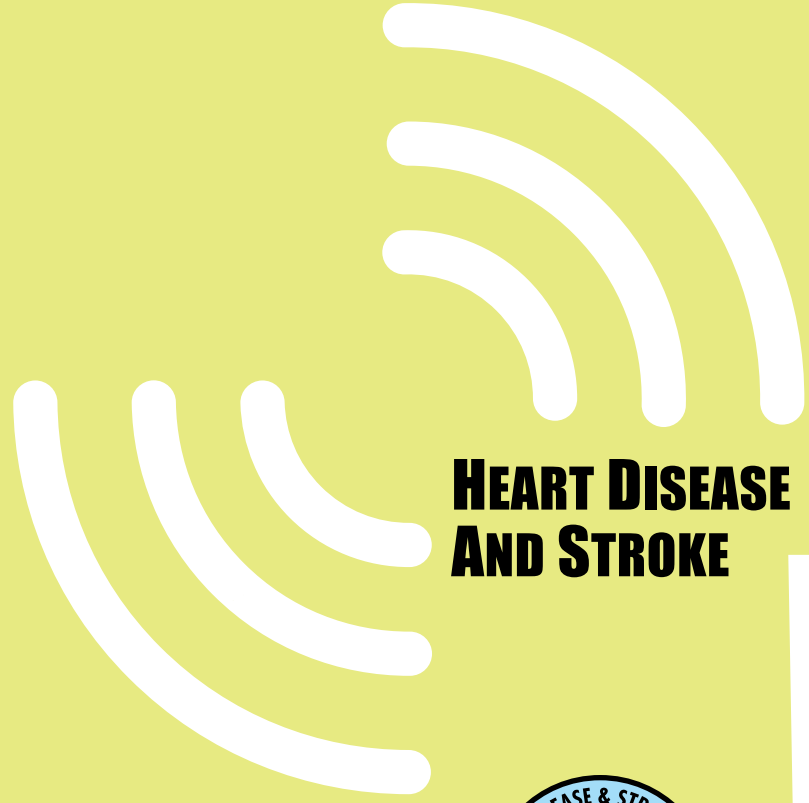
WHAT DO ALL OF THESE ITEMS HAVE IN COMMON?

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| 1 Grocery tote, grocery list, and cutting board Eat heart healthy foods. | 2 Pedometer Be physically active and manage your weight. | 3 Pill box Always take medicine as prescribed. | 4 Wallet tracker Knowing your numbers is an important part of keeping your heart healthy. | 5 Bookmark Know the signs and symptoms and call 9-1-1 immediately. Every minute counts! |
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Each one will help you on your journey to a healthy heart and to avoid a stroke.



WHAT YOU
NEED TO
KNOW
ABOUT



HEART DISEASE
AND STROKE



WHAT ABOUT BLOOD PRESSURE?

Blood pressure is the force of blood pushing against the sides of your blood vessels as the heart pumps.

Blood pressure that stays high for an extended period of time – a condition called hypertension – can damage your heart or brain. Left undetected and untreated, this damage can increase your risk of heart attack and stroke.

YOU CAN REDUCE YOUR RISK

There is no cure for hypertension, but you can take steps to prevent and control high blood pressure. By taking action, you can reduce your risk of related health problems.

Do it for life

- **Talk with your health care professional**— Make sure you know your numbers and understand what they mean.
- **Maintain a healthy weight**— Limit portion size and high-calorie foods. Take in no more calories than you can burn – less if you want to lose weight.

- **Eat heart-healthy foods**— Make sure your diet includes fruits, vegetables, and low-fat dairy products. Keep total fats to a minimum and reduce saturated fat and cholesterol.

- **If you drink alcoholic beverages, do so in moderation**— For men that is a daily maximum of two drinks and for women one.

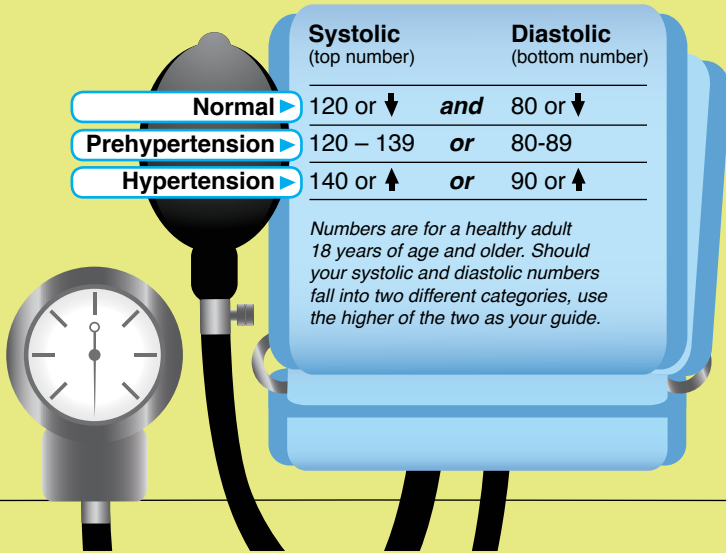
- **Reduce salt and sodium intake**— Processed, canned, convenience, and fast foods are all high in salt and sodium. Eat less, or better yet, choose a healthy alternative.

- **Move your body**— Thirty minutes of moderate activity daily – a brisk walk or bike ride – is best. If you cannot do it all at once, break it down into chunks of 10 or 15-minutes, whatever works for you.

- **Quit tobacco**— Quitting tobacco will reduce your risk of stroke, heart disease, and several forms of cancer.

- **Take medicine as prescribed**— Do not stop taking your medication or reduce your dosage unless instructed to do so by your doctor.

Know Your Numbers



Health tip:
Smokers are two to three times more likely to die from heart disease than nonsmokers. If that's not reason enough to quit, how about free assistance?

Online:
www.idaho.quitnet.com

Call:
1-800-Quit-Now

Did you know?
Hypertension can affect anyone regardless of race, age or gender. It is called the “silent killer” because there are no symptoms. Your numbers tell the story.

KNOW THE SIGNS AND SYMPTOMS

Every minute counts. Call 9-1-1 right away!

Heart attacks and strokes are deadly serious. New medications and treatments work wonders. Some can even stop attacks in progress. However, for the best results they must be given as quickly as possible after the heart attack or stroke symptoms first appear. So do not delay – get help immediately.

HEART ATTACK SYMPTOMS

Common symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is reoccurring
- Pain that spreads to the shoulders, neck or arms
- Shortness of breath, lightheadedness, fainting, sweating, or nausea with or without chest discomfort

Less common symptoms

- Unusual chest or stomach pain
- Shortness of breath and difficulty speaking (without chest pain)
- Unexplained anxiety, weakness or fatigue
- Rapid heart beat, cold sweat or paleness

Additional signs and symptoms more common in women

- Vomiting
- Nausea
- Pain in the right back, shoulder, arm, throat, and neck
- Profuse sweating
- Indigestion or stomach pain

Symptoms and signs will vary by person. The more symptoms you have the greater the chance you are having a heart attack. While some heart attacks are sudden, most people have warning signs hours, days, or even weeks in advance.

STROKE SYMPTOMS

- Weakness or numbness in the face, arm or leg, especially if it is limited to one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance, or coordination
- Severe headache for no apparent reason

A stroke happens when blood flow to brain tissue is interrupted or reduced. Every minute counts when treating a stroke. The longer a stroke goes untreated the greater the damage and chance of lasting disability.

WHAT ABOUT CHOLESTEROL?

It is normal to have cholesterol. It is a soft, waxy substance found among the fats (lipids) in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to form cell membranes, some hormones and is needed for other functions. However, high blood cholesterol is not good and it can increase your chances of having a heart attack or stroke.

YOUR BODY PRODUCES GOOD AND BAD CHOLESTEROL

Did you know?
Your liver and cells make 75% of your blood cholesterol. The other 25% comes from the foods you eat.

To stay healthy keep your level of “good” cholesterol high and level of “bad” cholesterol low. A simple blood test will tell you where you stand. If you are a healthy adult, you should have your blood cholesterol levels checked once every five years.

You may be able to reduce “bad” cholesterol through exercise and proper diet. Every body is different. That is why it is so important to work with your doctor to develop a plan that is best for you.

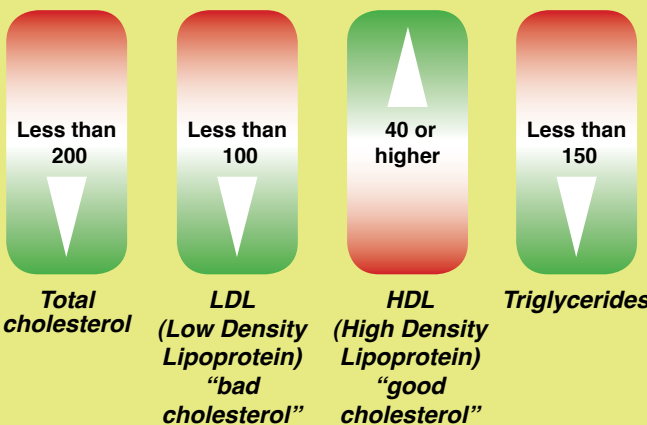
Do it for life

- Schedule a cholesterol screening
- Eat foods low in cholesterol and saturated fats and free of trans fat

- Maintain a healthy weight
- Be physically active
- Follow your healthcare professional's advice

Did you know?
Triglycerides are another kind of fat found in the blood you should manage.

Know Your Numbers



Measured in mg/dl milligrams per deciliter of blood